Chicken and Cabbage Soup

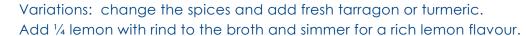
(substitute beef and beef broth)

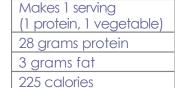
Ingredients

- 100 grams chicken
- 1½ cups cabbage
- 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
- 2 tablespoons Bragg's liquid aminos (optional)
- 2 cloves garlic, crushed and minced
- 1 tablespoon onion, chopped
- 1/4 teaspoon thyme
- 1/4 teaspoon rosemary
- Cayenne pepper to taste
- Sea salt and pepper to taste

Directions

- 1. Combine chicken & spices in medium saucepan.
- 2. Bring broth to a boil.
- 3. Add cabbage.
- 4. Reduce heat and simmer for a minimum of 30 minutes.
- 5. Add additional water to broth as needed.









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